

BODY - MIND RELATIONSHIP



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BODY - MIND RELATIONSHIP



Body and Its Functions

Mind and its Functions

- A Hypothetical Construct
- Process and Activities like thinking, reasoning, imaging, remembering, analysing, synthesizing
- Body and mind does not separate work
- Mind is a collective name given to our mental processes and activity
- Carry out abstract, good memory are indicate our intellect
- Mind improve in various stage child adolescent

BODY - MIND RELATIONSHIP

- Body and Mind are inseparable. The existence of both is essential for our survival.
- They act on or influence each other.
- The health of our body depends on the health of our mind and vice versa

BODY – MIND RELATIONSHIP

Body and Mind are inseparable.

Body and Mind act on each other

- “ a Healthy mind exists in a healthy body”

A. Body acting or Affecting the Mind

- Intellectual task is differ in tired and fatigued.
- Pleasant or unpleasant mental experiences in caressing, pinching

Body acting or Affecting the Mind.....

ABNORMALITY VISIBLE IN OUR PHYSICAL ORGAN

- Malfunctioning of the sensory system defects in the hearing vision, smell in our physical organs.
- Stomachache creates irritability, gloominess, etc in behavior
- Increase blood pressure may lead to mental excitement
- Malfunctioning of endocrine glands may adversely effect the mental functioning.
- Body pain, headache, backache fever may adversely affect the mental functioning.
- Malfunction of nervous system gives us unable to

B. Mind Acting or Affecting the Body

“ Nothing is good or bad but thinking of our mind makes it so”

Mental states affect our body states

- Anger and fear gives headache, indigestion, insomnia, allergic
- Negative thinking and emotional tensions create peptic ulcer, ulcerative colitis.
- Disturbed mental states gives neurosis or psychosis.
- Hostility, anger, depression and anxiety create problems like hypertension, diabetes, cardiac and respiratory disease.
- Over activity involve in abstract thinking create stress and fatigue and tiredness

C. Modulation Process in Health and Illness

The structure and functioning of one's body and mind along with their likewise interaction may be witnessed to play a quite decisive role in such a process of modulation of one's health and illness.

- If one maintains body health and mind active, It gives health. And devoid of any abnormality, illness or disease.
- Mental problems play damaging a patient's bodily ailments like cardiac disease, diabetes, respiratory disorders, cancer thyroid problems etc. Stress and shocking events create less immune system and less likely to resist disease.

C. Modulation Process in Health and Illness.....

Physical care and introduction of regular proper doses of the prescribed medicines in the body may help the patient to a fast recovery.

Also keep above said modulation process and keep to the following psychological intervention

Patient need of auto suggestions

Patient has faith with doctors and medicines

Patient maintain a strong will to live and fight the ongoing disease.

To co operate with therapies and techniques like relation, hypnosis, psychoanalysis, psychodrama, behavioral group therapy

C. Modulation Process in Health and Illness.....

Nurse/Physiotherapist help the patients in a good mood and an optimistic and positive attitude towards their fast recovery.

Nurse/Physiotherapist keep behavior a sympathetic attitude and humanistic outlook towards the patients

Thank
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